



Aromatic Braised Lamb - NEW

Tender diced lamb delicately spiced with cinnamon, ginger and paprika, served with potato mash, beans and carrots.



Ingredients

Braised Lamb (34%) (Lamb (23%), Onion, Tomato Pulp (Acidity Regulator (330)), Raisins, Brown Sugar, Salt, Tapioca Starch, Canola Oil, Garlic, Pepper, Chilli, Ground, Cinnamon, Cloves, Cumin, Turmeric, Ginger (Acidity Regulator (260), Preservative (202), Vegetable Gums (415, 412))), Potato Mash (26%) (Potato (17%) (Preservative (220)), Water, Skim Milk Powder (Milk Solids), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, Pepper), Carrots (20%), Green Beans (20%).

CONTAINS MILK

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1001kj (240Cal)	286kJ (69Cal)
Protein:	21.7g	6.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.2g	1.5g
--Saturated:	1.6g	0.5g
Carbohydrates:	21.3g	6.1g
--Sugars:	12g	3.4g
Dietary Fibre:	8.5g	2.4g
Sodium:	658mg	188mg
Potassium:	836mg	239mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.